

# Welker Engineering

David R. Smith, and Coby Washburn

Present the

## WABDL®-LLC- WORLD BENCH PRESS AND DEAD LIFT CHAMPIONSHIPS with *LIVE STREAMING*

BALLY'S/PARIS RESORT HOTEL – 3645 Las Vegas Blvd. South, Las Vegas, NV 89109

Tuesday– Sunday, November 12 – 17, 2019

(Last year in Las Vegas, NV, for at least five years due to skyrocketing costs!)

<b>Name:</b>	Last	First	<b>Personal Info:</b>	Male: _____ Female: _____	Age/DOB: _____	Wt Class: _____
<b>Address:</b>	Street	City		State	Zip	
<b>Phone:</b>		<b>Email Address:</b>				

**FOR RESERVATIONS: Call Bally's Hotel at 1-800-358-8777 –Mention the code SBWAB9 and the World Bench Press and Dead Lift or use the following link: <https://aws.passkey.com/go/SBWAB9>. IF YOU USE THE PHONE OR WABDL LINK, YOU WILL BE CHARGED THE \$20 RESORT FEE, NOT THE \$35 THAT HOTEL AND INTERNET WHOLESALERS CHARGE.**

**ROOM RESERVATION DEADLINE IS OCTOBER 25<sup>TH</sup>. ENTRY DEADLINE IS TUESDAY, OCTOBER 15<sup>TH</sup>. CHECKS MAY BE POST-DATED. ENTRIES WILL NOT BE ACCEPTED AFTER SATURDAY, OCTOBER 19<sup>TH</sup>.**

You may enter either bench press or dead lift or push pull, but you do not have to do all. You may lift in one or two divisions of the bench press or dead lift or push pull for a maximum of 6 divisions or a minimum of 1 division. **YOU MUST INDICATE ON THIS ENTRY WHETHER YOU WILL BE LIFTING SINGLE-PLY, DOUBLE-PLY or RAW IN THE BENCH PRESS AND/OR DEAD LIFT AND/OR PUSH-PULL. If you are doing push-pull, all ply must be the same. If you are not doing push-pull, you may have different ply for bench press and dead lift. NO CHANGES IN PLY, DIVISION, OR WEIGHT CLASS AFTER THE FINAL DATE – October 19<sup>TH</sup>**

1. Bench Division(s): _____ 2. Bench Division(s): _____	<b>Bench Ply:</b> _____ SINGLE, DOUBLE, OR RAW	<b>OFFICE USE:</b> B 1: CSR _____ B 1: CWR _____ B 2: CSR _____ B 2: CWR _____	<b>NEW FINANCIAL STRUCTURE</b> From now on, push-pull will not be separated from fees for bench press and dead lift. Please note the new fee configuration: adults/teens 1 division = \$82/62 (one of dead lift, bench press, or push-pull) 2 divisions = \$150/110 (two of these: dead lift, bench press or push-pull) This pattern applies for all multiple divisions. 3 divisions = \$185/135 4 divisions = \$210/150 5 divisions = \$235/165 6 divisions = \$260/175  Team Entries are \$100 Call Gus with Questions: (503) 901-1622
1. Dead Lift Division(s): _____ 2. Dead Lift Division(s): _____	<b>Dead Lift Ply:</b> _____ SINGLE, DOUBLE, OR RAW	<b>OFFICE USE:</b> D 1: CSR _____ D 1: CWR _____ D 2: CSR _____ D 2: CWR _____	
1. Push-Pull Division(s): _____ 2. Push-Pull Division(s): _____  (Push pull division must be same as B or D division)	<b>Push-Pull Ply:</b> _____ (must be same as Bench and Dead) SINGLE, DOUBLE, OR RAW	<b>OFFICE USE:</b> PP 1: PPSR _____ PP 1: PPWR _____ PP 2: PPSR _____ PP 2: PPWR _____	
<b>T-shirts: Sizes 5x through S:</b>  Color: _____ Size: _____ # _____ Color: _____ Size: _____ # _____ Color: _____ Size: _____ # _____ Color: _____ Size: _____ # _____  <b>PROGRAMS:</b> These will have the newly updated world raw records, biographies, and some of the state records Program _____ (\$12) indicate number Poster _____ (\$5) indicate number		<b>T-shirt colors:</b> Black, white, blue and red.  <b>T-shirts prices: All shirts are \$18 (please indicate quantity of order)</b> 1 = \$18, 2 = \$31, 3 = \$40, 4 = \$50	<b>Card Fees:</b> Adults = \$45 Teens = \$30  Card fee: \$ _____ T-Shirts \$ _____ Program fee \$ _____ Poster fee \$ _____ Team entry \$ _____ Total number of divisions _____ = \$ _____ Total fees due \$ _____
<b>Entry Dead Line:</b> Entry fee and <b>entry form must be in hand October 15<sup>th</sup></b> . Please note: <b>NO CHANGE IN PLY, DIVISION, OR WEIGHT CLASS after October 19<sup>th</sup></b> . No entries accepted after Saturday, October 19 <sup>th</sup> . Refunds are given up to eleven (11) days prior to the contest. Send completed entry form and applicable fees to:  Gus Rethwisch, Meet Director P.O. Box 27499 Golden Valley, MN 55427 (make checks payable to WABDL)		<b>For Office Use:</b>  Received \$ _____  Owes \$ _____  Notes:	

**Please return first page with applicable fees to the meet director**

**EXTREMELY IMPORTANT!** (Please complete this form.) WABDL meet expenses are dependent to some extent on the number of lifters staying at the hotel meet site. (It definitely affects the cost of the ballroom.) In order to have an accurate check of this, please fill out the following:

<u>Lifter's Last Name: (PLEASE PRINT)</u> _____ <u>City</u> _____	<u>Lifter's First Name</u> _____ <u>State</u> _____	<u>Lifter's Address</u> _____ <u>Number of Nights at Meet Site Hotel</u> _____
Name used for Hotel Registration: _____		
If you have relatives or friends staying at the meet hotel site during competition, they are eligible for the discount rate if they mention the WABDL World Championships. Please list registration names of relatives/friends below. This will help with WABDL expenses, too.		
<u>Relative/Friend's Last Name (PLEASE PRINT)</u> _____ <u>City</u> _____	<u>First Name</u> _____ <u>State</u> _____	<u>Address</u> _____ <u>Number of Nights at Meet Site Hotel</u> _____
Name used for Hotel Registration: _____		

**PLEASE BE SURE TO PURCHASE YOUR WABDL MEMBERSHIP CARD IN ADVANCE OF WEIGH-INS IF YOU DO NOT HAVE ONE OR IF YOURS WILL NOT BE CURRENT DURING THE CONTEST DATES. It will help make weigh-ins go more smoothly and efficiently and thereby be less bother for lifters.**

**DIVISIONS/WEIGHT CLASSES for Both Bench Press and Dead Lift:** YOU MAY ENTER EITHER BENCH PRESS OR DEAD LIFT, OR BOTH, BUT YOU DO NOT HAVE TO DO BOTH. You may enter one or two divisions in bench and/or one or two divisions in dead lift. **You must lift in the division that is contested first. Just push-pull category does not qualify for a team spot.**

**Elite Open Men (Single-ply Bench Press Only):** Any male lifter who has benched higher than the following in any and all sanctioned contests in any federation will be in the Elite Open Men division: 114 – 303.0#, 123 – 381.3#, 132 – 413.2#, 148 – 473.7#, 165 – 529.0#, 181 – 567.5#, 198 – 626.0#, 220 – 694.2#, 242 – 744.0#, 259 – 751.7#, 275 – 788.0#, 308 – 826.5#, SHW – 840.8#. Lifters may set state records in Elite Open Men and lift in other divisions **EXCEPT Open Men.** CURRENT LIMITS FOR OPEN MEN DIVISION: 114 – 303.0#, 123 – 381.3#, 132 – 413.2#, 148 – 473.7#, 165 – 529.0#, 181 – 567.5#, 198 – 626.0#, 220 – 694.2#, 242 – 744.0#, 259 – 751.7#, 275 – 788.0#, 308 – 826.5#, SHW – 840.8#. If an Open lifter breaks the Open limit by the **smallest** margin, he may stay in the Open division and will get an Open record. **These limits evolve depending on records set.**

**Open Men:** Male lifters will compete in the following weight classes: 114, 123, 132, 148, 165, 181, 198, 220, 242, 259, 275, 308, SHW

**Open Women:** Female lifters will compete in the following weight classes: 97, 105, 114, 123, 132, 148, 165, 181, 198, 220 and 221+ (Super)

**Class 1 Men: Bench Press:** Any male lifter, who has lifted less than the following weight in any and all sanctioned competitions including all other past and present Federations, may compete in the Class 1 division. These are the qualifying amounts listed first by weight class and second by amount: 105 – 242.5#, 114 – 275.5#, 123 – 314.0#, 132 – 352.5#, 148 – 385.7#, 165 – 424.2#, 181 – 448.4#, 198 – 479.5#, 220 – 501.5#, 242 – 523.5#, 259 – 540.0#, 275 – 551.0#, 308 – 573.0#, SHW – 595.0#

**Class 1 Men: Dead Lift** -Any male lifter who has lifted less than the following in any and all sanctioned contests: 105 – 352.5#, 114 – 391.2#, 123 – 424.2#, 132 – 452.8#, 148 – 496.0#, 165 – 540.0#, 181 – 573.0#, 198 – 601.8#, 220 – 628.2#, 242 – 650.2#, 259 – 667.8#, 275 – 683.2#, 308 – 699.7#, SHW – 711.8#

**NEW LIMITS FOR CLASS 1 MEN – RAW BENCH**

**Class 1 Men: RAW BENCH:** Any male lifter who has lifted less than the following in any and all sanctioned contests: 105-185#, 114- 214.7#, 123-242.5#, 132-264.5#, 148-308.5#, 165-341.5#, 181-363.7#, 198-385.0#, 220-402.2#, 242-418.7#, 259-435.2#, 275-446.2#, 308-468.2#, Super -487.2#

**Class 1 Women: Bench Press:** Any female lifter who has lifted less than the following in any and all sanctioned contests IN ANY FEDERATION: 97- 115.5# 105 – 132.2#, 114 – 143.2#, 123 – 154.2#, 132 – 165.2#, 148 – 181.7#, 165 – 187.2#, 181 – 198.2#, 198 – 214.2#, 220 – 225.7#, 221+ (Super) – 236.7#

**Class 1 Women: Dead Lift:** Any female lifter who has lifted less than the following in any and all sanctioned contests IN ANY FEDERATION: 97 – 225.7#, 105 – 259.0#, 114 – 286.5#, 123 – 314.0#, 132 – 330.5#, 148 – 344.8#, 165 – 363.7#, 181 – 374.7#, 198 – 385.7#, 220 – 396.7#, 221+ (Super) – 404.4#

**Junior Men and Junior Women:** Any lifter age 20-25 will compete in all weight classes.

**Master Men – Master Women:** Age groups 40-46, 47-53, 54-60, 61-67, 68-74, 75-79, 80-84, 85-89 and over will compete in all weight classes as specified in Open Men and Open Women.

**Law/Fire Men –Law/Fire Women:** All weight classes will be contested for Open, Submaster 33-39, Master 40-47, Master 48-55, Master 56-63, Law-Fire 64 Men

**Teen Men and Teen Women:** Age groups 12-13, 14-15, 16- 17, and 18-19 (new divisions) will be contested in all weight classes including 97# and 105# for Teen 16-19 and 97# & 105# for Teen 12-15. **TEENS AGES 12-15 MAY ONLY LIFT IN TEEN DIVISIONS and TEENS 12-13 MAY NOT LIFT IN DOUBLE PLY.**

**Submaster Men – Submaster Women:** Men and women ages 33-39 will compete in all weight classes

**Special Olympian/Disabled Men - Special Olympian/Disabled Women:** All weight classes will be contested.

**Disabled 1 Men and Women –** Any lifter who has paralysis of any limb or is missing any limb, any lifter who doesn't have total use of any limb (i.e. Parkinson's, Lou Gehrig's diseases, MS etc.) and blind – all weight classes will be contested

**Disabled 2 Men and Women –** any lifter with hip, knee or shoulder replacement, Tourette's disease, open heart surgery, organ transplants, debilitating arthritis, and other serious illness (discussed on a case by case basis) – all weight classes will be contested

**IMPORTANT: SCHEDULE OF EVENTS:**

**IF YOU ARE LIFTING IN MORE THAN ONE DIVISION, YOU MUST LIFT IN THE ONE CONTESTED FIRST. Times listed on entry are approximate and a final schedule of events, based on the number of contestants, will be posted in the weigh-in room.** Lifters are responsible, as always, for checking regularly on the progress of flights and being on time for their flights. **If you have a special problem for lifting on your scheduled day or weighing in at the proper time, please EMAIL THE SECRETARY (Elma Thomas) at [wabd@comcast.net](mailto:wabd@comcast.net) AND WE WILL WORK OUT A SOLUTION.** You may, of course, call Gus Rethwisch at (503) 901-1622. **We will appreciate your lifting on the assigned day if at all possible!!!**

**WEIGH-INS: PLEASE MAKE ARRANGEMENTS IN ORDER TO WEIGH-IN ON TIME! NO MORNING WEIGH-INS!**

Monday, November 11: 1:30 P.M. – 7:30 P.M. for lifters competing on Tuesday, November 12<sup>th</sup>

Tuesday, November 12: 1:30 P.M. –7:30 P.M. for lifters competing on Wednesday, November 13<sup>th</sup>

Wednesday, November 13: 1:30 P.M.–7:30 P.M. for lifters competing on Thursday, November 14<sup>th</sup>

Thursday, November 14: 1:30 P.M.–7:30 P.M. for lifters competing on Friday, November 15<sup>th</sup>

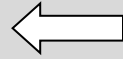
Friday, November 15: 1:30 P.M.–7:30 P.M. for lifters competing on Saturday, November 16<sup>th</sup>

Saturday, November 16: 1:30 P.M. –7:30 P.M. for lifters competing on Sunday, November 17<sup>th</sup>

**Lifters arriving on late flights will be accommodated at weigh-ins. Please call Gus Rethwisch at (503) 901-1622**



**RULES BRIEFING WILL BE AT 8:15 A.M. DAILY**



**Tuesday, November 12: Day 1**

<b>Bench</b>	9:00 A.M.	Master Men 61-67: 114#-220#
	9:45 A.M.	Master Men 61-67: 242#-Super
	10:30 A.M.	Master Men 68-74: 123#-181#
	11:15 A.M.	Master Men 68-74: 198#-Super
	12 NOON	Master Men 75+
	12:45 P.M.	Master Women 61+
	<b>1:30 P.M.</b>	<b><i>Trophy Presentation for All Benchers of the Day</i></b>
<b>Dead Lift</b>	2:30 P.M.	Master Men 61-67
	3:15 P.M.	Master Men 68+
	4:00 P.M.	Master Women 61+
	<b>4:45 P.M.</b>	<b><i>Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day</i></b>

**Wednesday, November 13: Day 2**

<b>Bench</b>	9:00 A.M.	Law-Firemen 48-55, <u>Law-Firemen 56-63, and Law-Firemen 64+</u>
	9:45 A.M.	Law-Firemen 40-47 Masters
	10:30 A.M.	All Law-Firewomen
	11:15 A.M.	Law-Firemen Open
	12 NOON	Law-Firemen Submaster Men
	12:45 P.M.	All Disabled Men and Women <u>and All Special Olympian Men and Women</u>
	<b>1:30 P.M.</b>	<b><i>Trophy Presentation for Benchers of the Day</i></b>
<b>Dead Lift</b>	2:30 P.M.	Law-Firemen 48-55, <u>Law-Firemen 56-63, and Law-Firemen 64+</u>
	3:15 P.M.	Law-Firemen 40-47 Masters <u>and All Law-Firewomen</u>
	4:00 P.M.	Law-Firemen Open <u>and Law-Firemen Submaster Men</u>
	4:45 P.M.	All Disabled Men and Women <u>and All Special Olympian Men and Women</u>
	<b>5:30 P.M.</b>	<b><i>Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day</i></b>

**Thursday, November 14: Day 3**

<b>Bench</b>	9:00 A.M.	Class 1 Men: 105#-181#
	9:45 A.M.	Class 1 Men: 198#-242#
	10:30 A.M.	Class 1 Men: 259#-SHW
	11:15 A.M.	Master Men 54-60:114#-181#
	12 NOON	Master Men 54-60:198#-Super
	12:45 P.M.	Master Women 54-60 <u>and Class 1 Women</u>
	<b>1:30 P.M.</b>	<b><i>Trophy Presentation for All Benchers of the Day</i></b>
<b>Dead Lift</b>	2:30 P.M.	Class 1 Men: 105#-198#
	3:15 P.M.	Class 1 Men: 220#-SHW
	4:00 P.M.	Master Men 54-60: 114#-1981#
	4:45 P.M.	Master Men 54-60: 220#-SHW
	<b>5:30 P.M.</b>	Master Women 54-60 <u>and Class 1 Women</u>
	<b>6:15 P.M.</b>	<b><i>Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day</i></b>

**Friday, November 15: Day 4**

<b>Bench</b>	9:00 A.M.	Master Men 47-53: 114# - 198#
	9:45 A.M.	Master Men 47-53: 220#- Super
	10:30 A.M.	Master Women 47-53
	11:15 A.M.	Submaster Women
	12 NOON	Open Women
	12:45 P.M.	Submaster Men: 114#-198#
	1:30 P.M.	Submaster Men: 220#-Super
	<b>2:15 P.M.</b>	<b><i>Trophy Presentation for Benchers of the Day</i></b>
	<b>Dead Lift:</b>	3:15 P.M.
4:00 P.M.		Master Men 47-53: 242# - Super
4:45 P.M.		Master Women 47-53 <u>and Submaster Women</u>
5:30 P.M.		Open Women
6:15 P.M.		Submaster Men
<b>7:00 P.M.</b>		<b><i>Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day</i></b>

**RULES BRIEFING WILL BE AT 8:15 A.M. DAILY**

**Saturday, November 16: Day 5**

<b>Bench Press:</b>	9:00 A.M.	Master Women 40-46 <b>and Junior Men: 114#-165#</b>
	9:45 A.M.	Junior Men: 181#-Super
	10:30 A.M.	Master Men 40-46: 114#-242#
	11:15 A.M.	Master Men 40-46: 259#-Super
	12 NOON	Open Men 114#-198# <b>and Elite Open Men: 114#-198#</b>
	12:45 P.M.	Open Men: 220#-Super <b>and Elite Open Men: 220#-Super</b>
	<b>1:30 P.M.</b>	<b>Trophy Presentation for All Benchers of the Day</b>
<b>Dead Lift:</b>	2:30 P.M.	Master Women 40-46 <b>and Junior Men 114#-165#</b>
	3:15 P.M.	Junior Men: 181#-198#
	4:00 P.M.	Junior Men 220#-Super
	4:45 P.M.	Master Men 40-46: 114#-242#
	5:30 P.M.	Master Men 40-46: 259#-Super
	6:15 P.M.	Open Men
	<b>7:00 P.M.</b>	<b>Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day</b>

**Sunday, November 17: Day 6**

<b>Bench Press:</b>	9:00 A.M.	Teen Women
	9:45 A.M.	All Teen Men 12-15 <b>and Junior Women</b>
	10:30 A.M.	Teen Men 16-17: 114#-198#
	11:15 A.M.	Teen Men 16-17: 220#-Super
	12:00 NOON	Teen Men 18-19
	<b>12:45 P.M.</b>	<b>Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day</b>
<b>Dead Lift:</b>	1:45 P.M.	Teen Women
	2:30 P.M.	All Teen Men 12-15 <b>and Junior Women</b>
	3:15 P.M.	Teen Men 16-17 <b>and Teen Men 18-19</b>
	<b>4:00 P.M.</b>	<b>Trophy Presentation for All Dead Lifters of the Day and Push Pull Lifters of the Day</b>

**EQUIPMENT & RULES:** For the new "raw" division in dead lift, the following may be worn: singlet, groove briefs (absolutely no power pants of any kind), erector shirt, knee wraps or knee sleeves including those with Velcro straps, wrist wraps and belt. For the new "raw" division in bench press, the following may be worn: singlet, T-shirt, erector shirt, groove briefs, knee wraps or knee sleeves, including those with Velcro straps, wrist wraps and belt. For single lifters see the website; for double-ply lifters a double-ply bench shirt and a double-ply dead lift shirt **MUST BE** from the manufacturer. A double-ply bench shirt must be double-ply in the entire front. **NO SINGLE-PLY SHIRT THAT IS MODIFIED WITH EXTRA LAYERS WILL EVER PASS FOR A DOUBLE-PLY SHIRT.** ALSO, THAT MODIFIED SHIRT IS NO LONGER LEGAL FOR SINGLE OR DOUBLE-PLY. If you want to compete in double-ply bench you must buy a stock double-ply shirt from Inzer, Titan, or Metal that is secured at the neck. The neckline must be one complete circle, not split. The Inzer, Titan, and Metal double-ply squat suits and double-ply dead lift suits are legal. The metal Jack suit is three-ply and is not legal. Rules can be found at: <http://wabdl.org/rules.php>.

**ADDITIONAL INFORMATION or QUESTIONS:** Call Gus Rethwisch at (503) 901-1622 or email [wabdl@comcast.net](mailto:wabdl@comcast.net) with your phone number included with your question.

**HOTEL INFORMATION:** Bally's rooms are \$86 except Friday and Saturday when they are \$102. Call Bally's Hotel at 1-800-358-8777 –Mention the code SBWAB9 and the World Bench Press and Dead Lift OR use this link: <https://aws.passkey.com/go/SBWAB9> . You will be charged the \$20 resort fee if you use this link or phone, not the \$35 resort fee normally charged by hotel and wholesalers. You need to **make your reservations no later than October 25<sup>th</sup>** to guarantee the special rate. To insure you get a non-smoking reservation, the earlier you make your reservations the better. The hotel address is 3645 Las Vegas Blvd. South, Las Vegas, NV 89109.

**PLEASE SUPPORT OUR VALUABLE SPONSORS OF WABDL@-LLC:**

Brian and Denise Welker of *Welker Engineering and Welker's Competitive Edge Gym* – [Brian@competitiveedgegym.com](mailto:Brian@competitiveedgegym.com)

Coby Washburn and David R. Smith (individual sponsors)

Reid and Kelly Solar (individual sponsors)

Suzette and Dan Swift-USANA products - StrengthNutrition.usana.com - [svsuzette@yahoo.com](mailto:svsuzette@yahoo.com) (702) 302- 3784 or (309) 642-0424

Shawn Madere of *GLC DIRECT* – (866) 452-3473 [www.glcdirect.com](http://www.glcdirect.com)

Ken Anderson and Kevin Pitman of *Anderson's Powerlifting*– (972) 733-3717 – [www.andersonpowerlifting.com](http://www.andersonpowerlifting.com)

Keith Lemm of *CSS Photo Design* – [cssphoto@sbcglobal.net](mailto:cssphoto@sbcglobal.net) – (916) 213-8273

Matt Ogurek (individual sponsors)

Odd Haugen of Dot.fit – [www.FIT.com/power](http://www.FIT.com/power)

Teresa Plowman (individual sponsor)

Natasha Williams of *B2Y2 – Chiropractic and Physical Therapy of Phoenix, AZ*